South Dakota Physical Education State Standards Training

State Trainers

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SD State Department of Education

Special thanks to:

Kari Senger (Department of Ed)
Betsy Silva (BHSU)
Sally Scherrer (SDAHPERD)

Workshop Goals

As a result of participating in this workshop:

Participants will better understand SD Physical Education Standards and their application in a quality physical education program.

S.D. State Physical Education Standards

#1 – Motor Skills

#2 – Learning Concepts

#3 – Physical Fitness

#4 – Personal and Social Skills

#5 – Values Physical Activity

"MOTOR SKILLS" #1

Students will develop competency in all fundamental movement skills and proficiency in some movement forms.

MOTOR SKILLS

Throwing

WALKING

RUNNING

hopping

Leaping

JUMPING

balancing

Catching

SKIPPING

KICKING

STRIKING

"Learning Concepts"   #2

Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance.

"Teaching Learners to Think on Their Feet"

Metabolic Rate

muscle memory

Strategy

Body Mass Index

angles angles

Progression   overload

Power

Timing

Intensity   reaction

"Physical Fitness"   #3

Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.
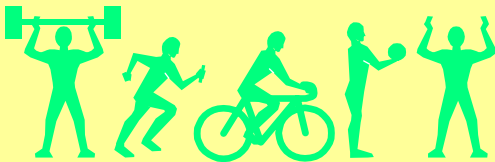
Cardiovascular Endurance

Muscular Endurance

Muscular Strength

Flexibility

Body Composition

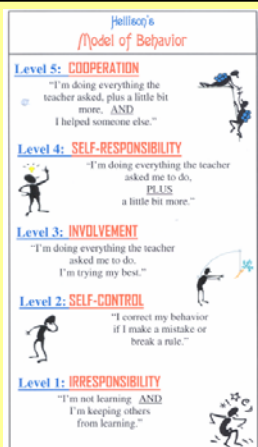## "Personal & Social Skills"   #4

Students will develop responsible and respectful personal and social behavior in physical activity settings.

Hellison's Model of Behavior

Level 5: COOPERATION

Level 4: SELF-RESPONSIBILITY

Level 3: INVOLVEMENT

Level 2: SELF-CONTROL

Level 1: IRRESPONSIBILITY

Hellison's Model of Behavior

Hellison's Model of Behavior

Level 5: COOPERATION
"I'm doing everything the teacher asked, plus a little bit more. AND I helped someone else."

Level 4: SELF-RESPONSIBILITY
"I'm doing everything the teacher asked me to do, PLUS a little bit more."

Level 3: INVOLVEMENT
"I'm doing everything the teacher asked me to do. I'm trying my best."

Level 2: SELF-CONTROL
"I correct my behavior if I make a mistake or break a rule."

Level 1: IRRESPONSIBILITY
"I'm not learning AND I'm keeping others from learning."

"Values Physical Activity" #5

Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction and employment.

#5 BENEFITS
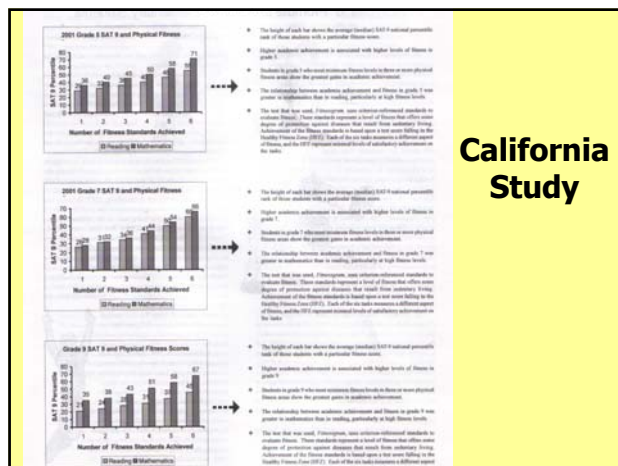
"No Child Left On Their Behind!"

Career opportunities

Obesity reduction

Stress release

Overall sense of health and well-being

Lower health care costs

California Study

Big Bertha...

$297

Mountain Bike.... $365

A QUALITY
PHYSICAL
EDUCATION
PROGRAM....

PRICELESS!